

HIGHER SPIRITUAL HEALING

Self
ACCEPTANCE

HOW COMPASSION FREES YOU, HEALS YOU,
AND LEADS YOU TO RADICAL CONTENTMENT.

Self ACCEPTANCE

How compassion frees you, heals you, and leads you to radical contentment.



EBOOK + WORKBOOK

SELF ACCEPTANCE

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Introduction

When you think of having good emotional health, terms like happiness, self esteem, self-confidence, optimism, and mental toughness likely come to mind. You might not consider the ideas of self acceptance and contentment.

But isn't contentment what we're all seeking?

Contentment is the place where we don't need anything.

We're completely satisfied as we are, as our life is. Think of how many things you do each day in an effort to feel more content:

- You say or do things to impress others.
- You say or do things to avoid being ridiculed by others.
- You work at a job you don't like so you can make more money to buy things you want or to impress others.
- You exercise and diet beyond what is reasonable in order to look a certain way.

The list is really endless. We spend a lot of our day trying to feel more content. However, these things aren't the path to radical contentment.

The real secret is self-acceptance.



The truth is that belonging starts with self-acceptance. Your level of belonging, in fact, can never be greater than your level of self-acceptance, because believing that you're enough is what gives you the courage to be authentic, vulnerable and imperfect.

Brene Brown

GET OUT OF
YOUR OWN
DAMN (YES,
IT'S YOU)
WAY

You are the main character and author of your *story*

In a world filled with countless stories, there is one tale that stands above all others - yours. You are not merely a spectator, but the main character and author of your own extraordinary narrative.

Your journey is unique, filled with triumphs, challenges, and everything in between. And at the heart of it all lies a profound truth: You are deserving of boundless self-love.



True Beauty

True beauty radiates from within when you fully accept and embrace who you are, flaws and all.



TODAY'S REMINDER

Don't let Perfection be the Enemy

HIGHER SPIRITUAL HEALING

YOU ARE A MASTERPIECE
IN PROGRESS. EMBRACE
EVERY STROKE, EVERY
FLAW, AND EVERY
IMPERFECTION THAT
MAKES YOU UNIQUELY
BEAUTIFUL



You are a masterpiece in progress.
Embrace every stroke, every flaw, and
every imperfection that makes you
uniquely beautiful.

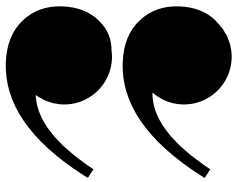


Self-Acceptance

**A JOURNEY OF
SELF-DISCOVERY,
SELF-COMPASSION,
AND SELF-LOVE.**

Chapter one.

What is Self-acceptance?



There are many ways to look at self acceptance. Some of them are more constructive than others. It would be a mistake to think of self-acceptance to be a blanket acceptance of your weaknesses, bad habits, and negative tendencies in the absence of any responsibility to continue to improve.



Self-acceptance isn't an excuse for laziness and complacency.

You can be content and still advocate self-improvement. It also doesn't mean that you accept your fate and determine that nothing can or should be done to change your life.

Self-acceptance is a reckoning with yourself. It's an acknowledgement of your shortcomings, character, strengths, habits, and tendencies. It's about facing the truth and accepting that reality. Once you know where you are, you can make a reasonable plan to move forward.

Self-acceptance ultimately leads to contentment because you are no longer fighting with yourself. Because let's face it, **you cannot be both your #1 fan and your #1 enemy.** It's self-defeating.

You need to free yourself from self punishment in order to be healed. When you release yourself from the negative thoughts that hold you back – and accept where you're at – you are setting yourself on a **truly radical journey toward contentment, peace, and happiness.**

But that's easier said than done. In the next section, we'll explore the reasons why self acceptance can be so challenging.



”

“For me, art really starts with acceptance, self trust. Wherever you come to with art, it's perfect. You don't have to come with anything. What you bring to something is the art. That's where it's found. It's found within you.”



Chapter Two.

WHY ACCEPTING YOURSELF IS SO CHALLENGING

We're hard on ourselves. Many of us are more understanding and forgiving of others than we are of ourselves. It doesn't make a lot of sense. If anyone is going to be on your side, it should be you!

There are several common signs that you're being too hard on yourself:

You dwell on your mistakes.

This accomplishes nothing positive. It does accomplish several things that are negative.

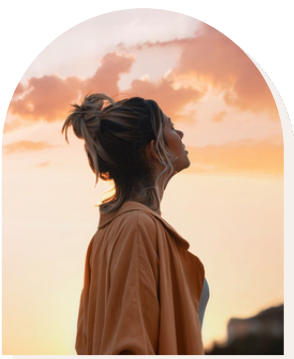
Avoid doing this. We're all human and make mistakes. Dwelling on mistakes makes you feel less capable and miserable in general.



You compare yourself to others.

There's always someone richer, better looking, more musically talented, "luckier," or has children that do better in school. Comparing yourself to others is dangerous. You don't know the other person's background or available resources.

They may have a huge advantage. You're also more likely to compare yourself to exceptional people. Do you compare your looks to the middle-aged man or woman at work that has three kids? Of course not! You compare yourself to the 21-year old intern that models on the side.



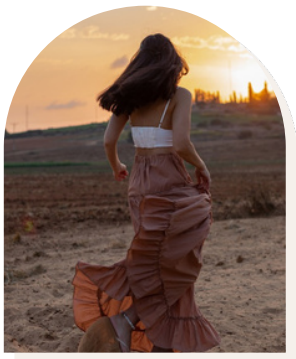
You don't give your own ideas a fair chance.

How many great ideas have you had, but ultimately dismissed?



You spend too much time thinking about your past failures.

Oh, the past. You chickened out and didn't ask Mary to prom. Or you majored in liberal arts instead of engineering. Maybe you didn't get that dream job. There's always something. If you focus on negative experiences, you're failing to accept yourself and your current reality.



You can't take a compliment well.

There are good things about you. It's okay when others acknowledge those things. Your inability to accept a compliment from others is a sign that you don't accept yourself.

You're unrealistic.

Being unrealistic might be seen as being kind to yourself, but it's not. If you truly don't have what it takes to become an NBA star, or a Rhodes Scholar, or a CEO, you're not doing yourself any favors by holding onto unrealistic expectations. You're ultimately being hard on yourself.



It's not easy to accept yourself. We've been taught that the ideal person is financially successful, athletic, attractive, cool under pressure, hilarious, creative, and the life of the party. Most of us will never check all of those boxes.

There are many signs that you're not as accepting of yourself as you could be. Be on the lookout for these signs. You probably don't accept yourself as much as you think!

ACCEPTANCE OF ONE'S LIFE HAS
NOTHING TO DO WITH
RESIGNATION; IT DOES NOT
MEAN RUNNING AWAY FROM
THE STRUGGLE. ON THE
CONTRARY, IT MEANS
ACCEPTING IT AS IT COMES, WITH
ALL THE HANDICAPS OF
HEREDITY, OF SUFFERING, OF
PSYCHOLOGICAL COMPLEXES
AND INJUSTICES



Acceptance of one's life has nothing to do with resignation; it does not mean running away from the struggle.

On the contrary, it means accepting it as it comes, with all the handicaps of heredity, of suffering, of psychological complexes and injustices.



Chapter Three.

NINE WAYS TO BEGIN ACCEPTING YOURSELF

Accepting yourself is a process. It's a habit. The little things you do, or fail to do, each day determine your level of self acceptance. Developing these useful habits and dropping the negative habits is a huge step in the right direction. It's hard to accept yourself any other way.



Action Habits

To be accepting of yourself each and every day

Let go of your mistakes and failures.

Take the necessary time to learn from your negative experiences. Once you've done that, there's nothing else to be gained by them. Let them go. Decide how you can avoid making the same error in the future. Then move on.

Only compare yourself to yourself.

Comparing yourself to someone else is like comparing a tree to a loaf of bread. There's no comparison. However, you can compare yourself to your previous results. If you're doing "better," you have every right to be excited. If you're coming up short, be excited that you know you can easily rectify the situation.

Separate yourself from your emotions.

Your emotions are separate from you. They are something that you're experiencing, just like someone stepping on your toe. Observe them as a feeling in your body, or as a piece of paper blowing down the street. Just observe them. A piece of paper blowing by doesn't have any control over you. Your emotions don't have to control you either.

Be aware of what makes you unique and embrace it.

It might be your flaming red hair, your incredible IQ, or your compassion for animals. Maybe you're in the bottom 5th percentile for height. You're not exactly the same as anyone else. It's your uniqueness that potentially provides the most value to you and the world.

Let go of the things you can't change or control.

You're not accepting of your life or your limitations if you worry about those things beyond your influence. Ask yourself, "Is there anything I can do about this?" If not, there's no reason to dwell on it.

Do something that you've always wanted to do.

Avoid denying your impulses. If you've always want to learn how to play the bagpipes or write a sappy screenplay, now is the time. When you deny your healthy impulses, you're not accepting yourself.

Be more assertive.

Let people know what you think. Give your opinion. Allow your voice to be heard. Do the things you want to do. Assertiveness is a form of honesty - about you and your own desires.

Recognize your thoughts and feelings.

Examine your self-talk. Stand in front of a full-length mirror and take a good look at yourself. Notice your thoughts throughout the day. Acknowledge how you judge yourself. Most people distract themselves with TV, the internet, food, their smartphone, or some other strategy. This is to avoid spending time with themselves. Turn off the distractions and notice what happens.

Continue evolving.

Those with little self-acceptance tend to be stuck. They can't move toward anything positive. Be honest with yourself about what you like and dislike and allow your life to evolve.

Treat each day as a new opportunity to practice self-acceptance.

You must choose self-acceptance if you want to experience it first hand.

It won't happen by accident. Develop self-acceptance habits and drop your tendency to judge yourself harshly. Free yourself from your emotions.



I think happiness comes from self-acceptance. We all try different things, and we find some comfortable sense of who we are. We look at our parents and learn and grow and move on. We change.



Chapter Four.

SELF-ESTEEM & SELF- CONFIDENCE

You can be aware of your short comings and still be happy with yourself. Your self confidence doesn't have to suffer either.

You can honest with yourself and still be a powerful force in the world.

You might be thinking, “I thought I was supposed to be honest with myself, not build myself up.”

This is being honest with yourself. If you had a truly accurate picture of yourself and your situation, you'd be a lot happier with yourself and a lot more excited about life in general!

Build self-esteem and self-confidence simultaneously with these strategies:

✓ List your greatest successes.

Remember when you were at your best. Remind yourself how that felt.

✓ Make a list of the things you appreciate about yourself.

List three things each evening. See just how great you really are.

✓ Dress up.

You walk a little taller when you're wearing your nice clothes. You deserve to feel good. There's no reason to wait for a job interview, wedding, or funeral to look or feel your best.

✓ Live by your values.

When you live by your code, you feel good about yourself. You feel badly when you do the opposite.



✓ Set a small goal and achieve it.

Give yourself an easy path to feeling good and enhancing your life. Set an easy goal and taste success.

✓ Be kinder toward others.

If you're hard on others, you're probably hard on yourself, too. Avoid saying anything negative and be a good listener. That will get you 90% of the way there.

If you have sufficient self-esteem and self confidence, self-acceptance is easier to find. You're already pretty great, so there's no reason not to recognize it. Treat yourself with the admiration and respect that you deserve.



”

“In my research, I've interviewed a lot of people who never fit in, who are what you might call 'different': scientists, artists, thinkers. And if you drop down deep into their work and who they are, there is a tremendous amount of self-acceptance.”



Chapter Five.

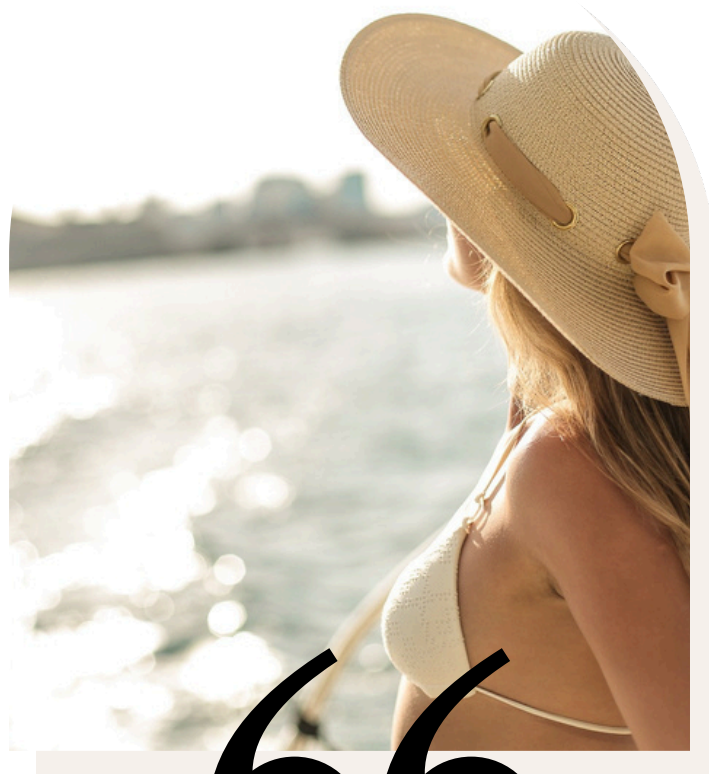
MEDITATION AS A TOOL FOR SELF-ACCEPTANCE

Meditation and mindfulness are all the rage these days. Though they have been around for several thousands of years, they have enjoyed a new level of popularity. Even the scientific world is getting involved. A quick search on your favorite search engine will demonstrate just how interested the world is in these topics.

While meditation accomplishes many things, we're interested in self-acceptance.

Meditation is a powerful method of stripping away the extraneous garbage that stands in the way of realizing the truth.

Meditation allows you to see your erroneous thoughts and beliefs more easily. It also provides more emotional control. When your emotions are appropriate, and proportionate, it's easier to accept yourself and others.



“When you are discontent, you always want more, more, more. Your desire can never be satisfied. But when you practice contentment, you can say to yourself, 'Oh yes - I already have everything that I really need.’”



Daily *Practices* Meditation

FOLLOW THESE TIPS TO INCORPORATE A DAILY
MEDITATION PRACTICE INTO YOUR LIFE.

Create a daily schedule you can keep

It's much better to meditate each day for a few minutes than to meditate for longer periods of time a couple of times a week. Be realistic. Ideally, you can set aside at least 20 minutes a day. Avoid

the mistake of failing to schedule your meditation time. If you wait until you have time, you'll never do it.

When your mind wanders, let those thoughts go

Think of thoughts as clouds blowing by. You don't have to pay attention to them or be affected by them. Just allow them to pass through your attention and return your attention to your breath. Your mind will wander a lot at first. You might not even be able to last 30 seconds before your mind is off to another place. That's okay. Just keep going. You'll get much better with practice.

Find a comfortable spot

You don't need much. Any quiet spot where you won't be disturbed will work just fine. A firm chair or a seated position on the floor will work. Lying down can even work, provided you can stay awake!

Start small

It's more challenging to sit with yourself for 20 minutes than you think. Five to ten minutes is a good start.

Focus on your breathing

Feel the air moving in and out of your body. Feel the sensation of the air moving past the edges of your nostrils.

Meditation is a relationship with yourself

So, be nice to yourself. It's about self-acceptance and compassion for yourself.

Continue until your mind wanders.

You probably won't even catch yourself the first several times your mind drifts away. All of sudden, you'll realize that you've been thinking about work, school, dinner, or your neighbor's annoying dog.



Meditation will show you that your mind creates thoughts. These thoughts lead to feelings and beliefs. You'll also learn that you don't have to be affected by them. Being upset by your thoughts is a little like punching yourself in the face. Unclench that fist by allowing your thoughts to pass on through.

Most people spend so much time "thinking" and being influenced by their thoughts, they have a weak grasp of reality. The world is going on around you, not inside your head.

You'll have a more honest perspective of yourself, the world, and those around you if you can quiet your mind.

You'll quickly learn to avoid being bothered by your thoughts. They'll move along on their own, provided you don't engage with them.

This is crucial to contentment. When you're not being energized by your extraneous thoughts, you'll experience real peace. When something negative happens, the event isn't the real issue, it's all the thoughts that run through your head. Learn to deal effectively with your thoughts, and you can easily push past any self-doubts that keep you from accepting yourself and finding contentment.

“HEALTH IS THE
GREATEST
POSSESSION.
CONTENTMENT IS
THE GREATEST
TREASURE.
CONFIDENCE IS THE
GREATEST FRIEND.
NON-BEING IS THE
GREATEST JOY.”

LAO TZU



We're all seeking contentment, perhaps even more than happiness. But we need to view happiness as a side-effect of contentment. The fact is, contentment is a prerequisite to feeling happy. Everyone is driven by the need for contentment.

Some of us seek contentment through achievement or wealth. Others seek it through altruism or creation. Both can be dead ends. Where does it stop? Does a billionaire ever feel content, or does he continuously feel the need to create greater wealth?

Nothing external can ever provide life altering, radical contentment. Contentment must be found from the inside through kindness, compassion, and self-acceptance.

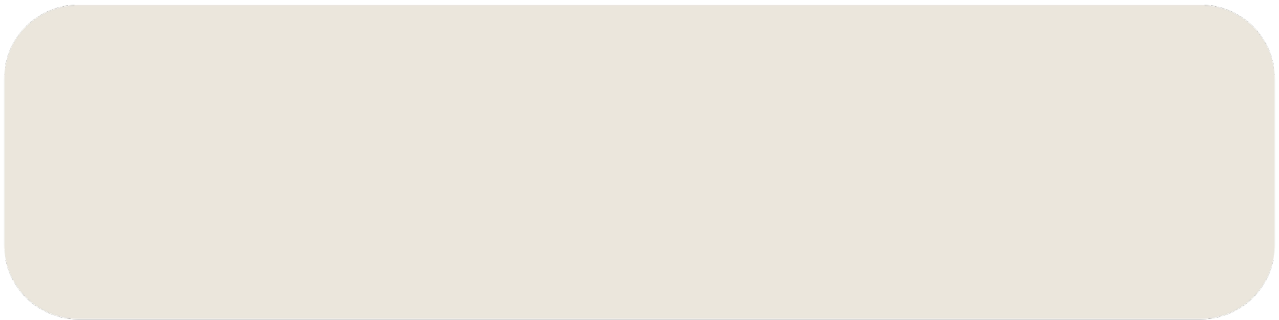
Self Acceptance *Workbook*



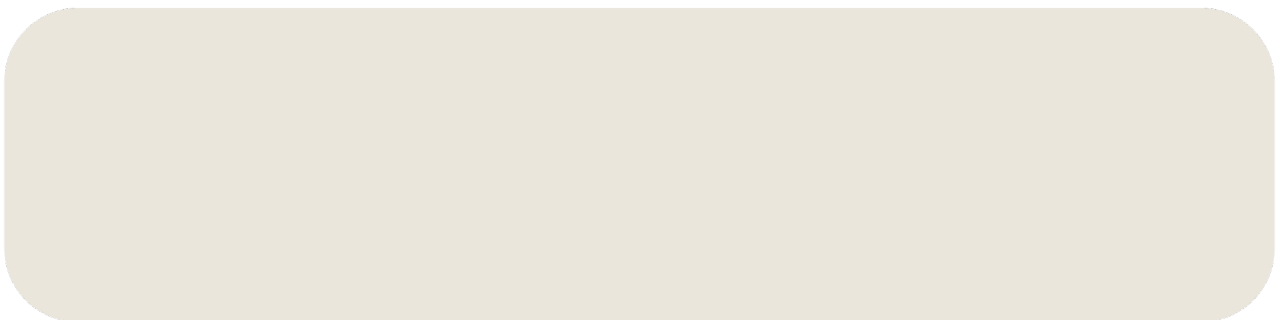
Higher Spiritual Healing

Answer these questions to gain a better perspective of how self acceptance can be your path to contentment:

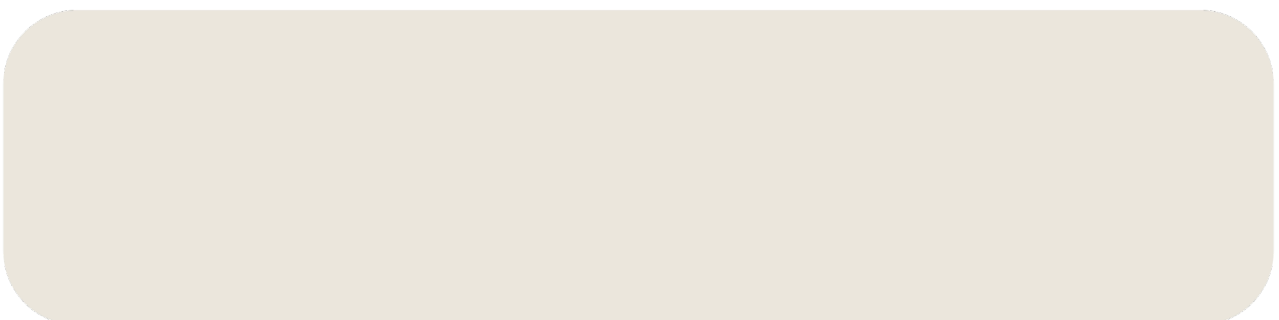
01 How content am I with my life right now? How well do I accept myself and my current situation? Can I see how my lack of self-acceptance and my lack of contentment are related?



02 What habits do I have that contribute to my lack of self acceptance?



03 What habits can I develop that will foster greater self acceptance?



04

Do I spend time thinking about my failures from the past or my shortcomings? What purpose does this serve?

05

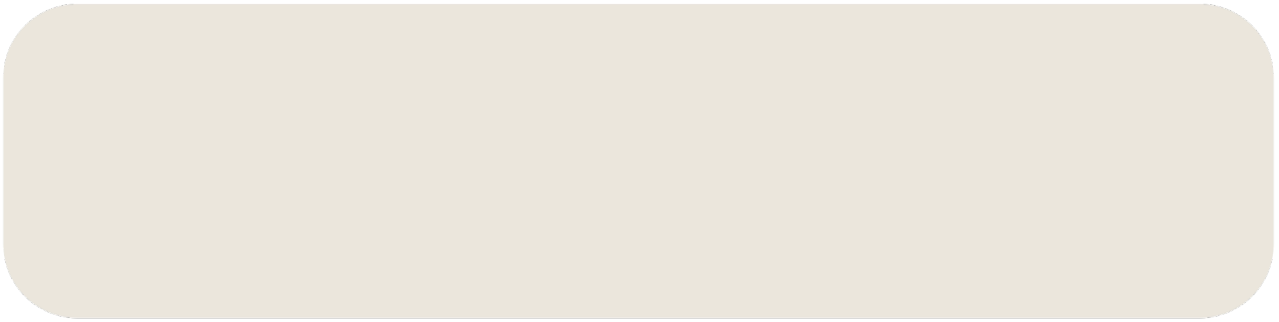
What are my greatest accomplishments? How did those experiences make me feel?

06

How can I incorporate a daily meditation practice into my life? How much can I meditate each day?

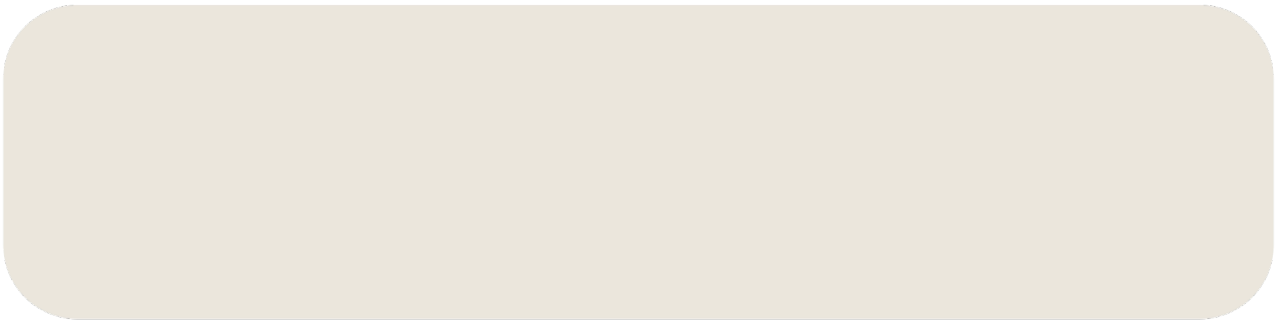
07

What are my values? Am I living by them consistently? How can I do better?



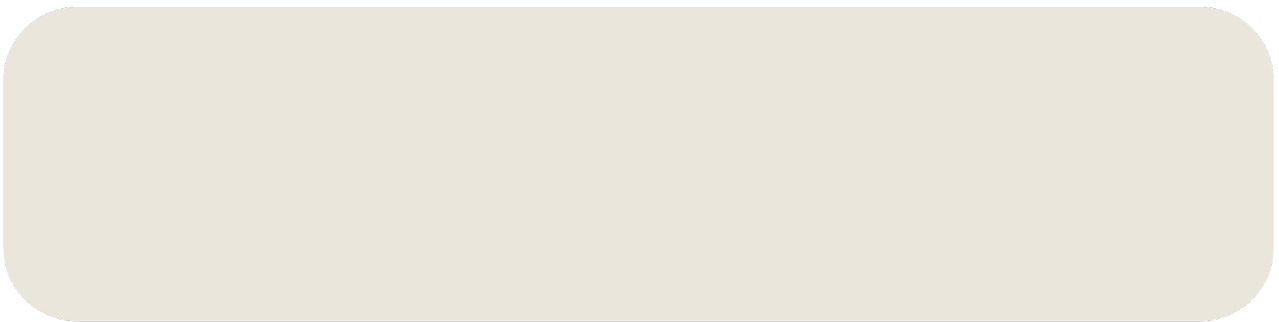
08

How much am I influenced by my emotions? What bad choices have I made while feeling stressed, angry, or fearful?



09

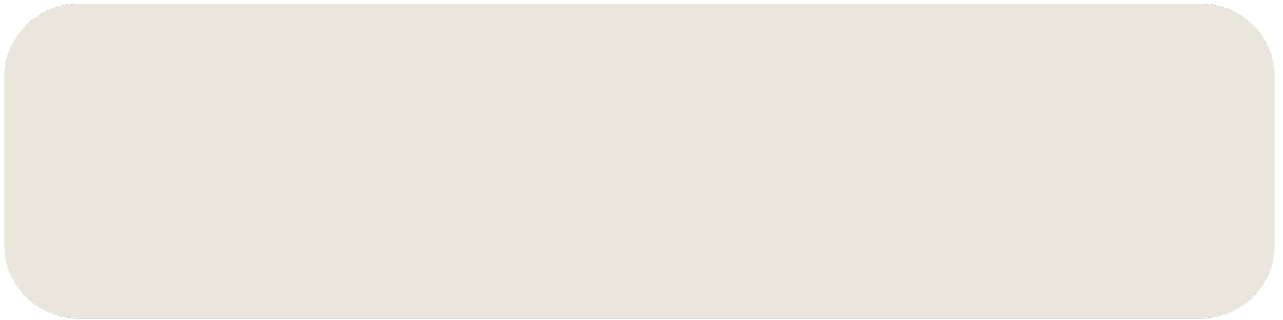
How can I experience greater self-esteem and self confidence?



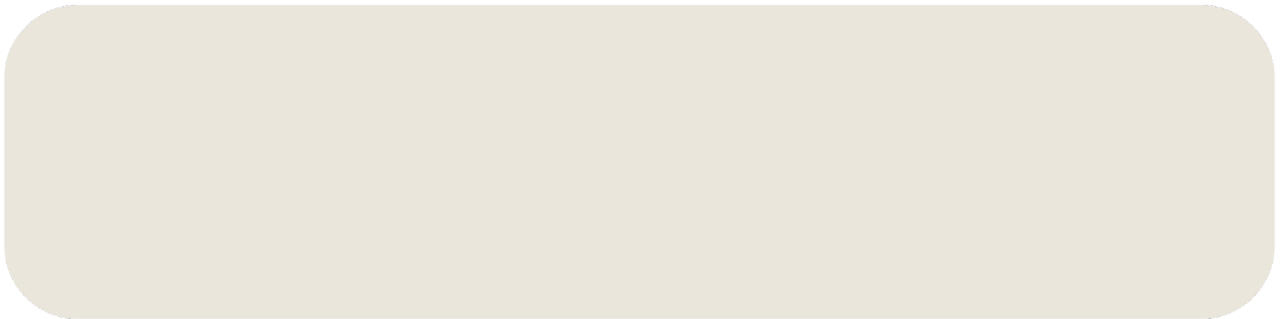
Changing your life

Exercise

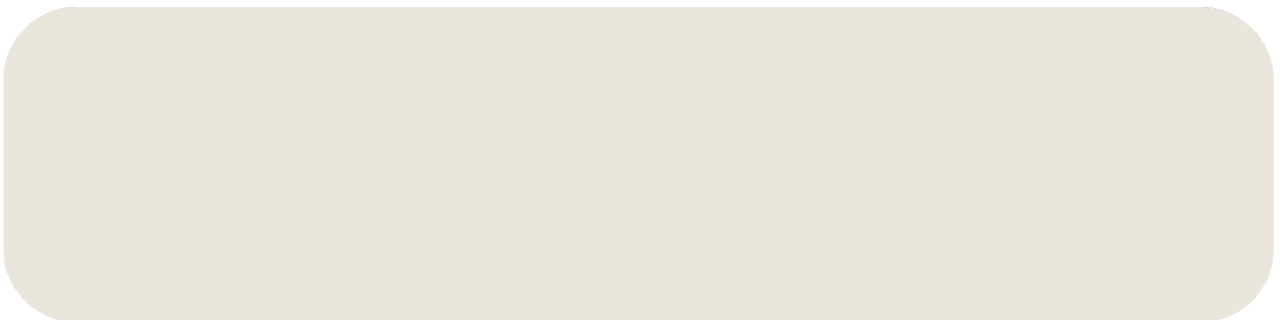
01 In which area of your life do you desire to bring about a change?



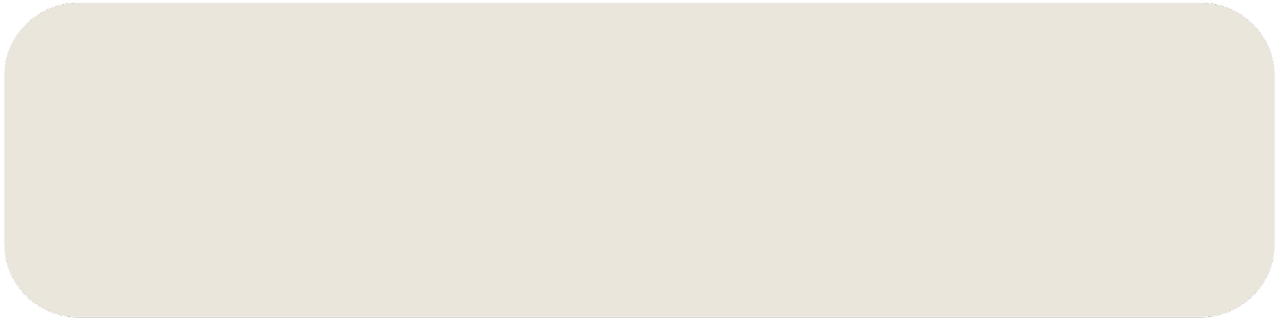
02 What is the reason behind your desire for change? Ensure that you jot down your significant reason and keep it accessible as a frequent reminder.



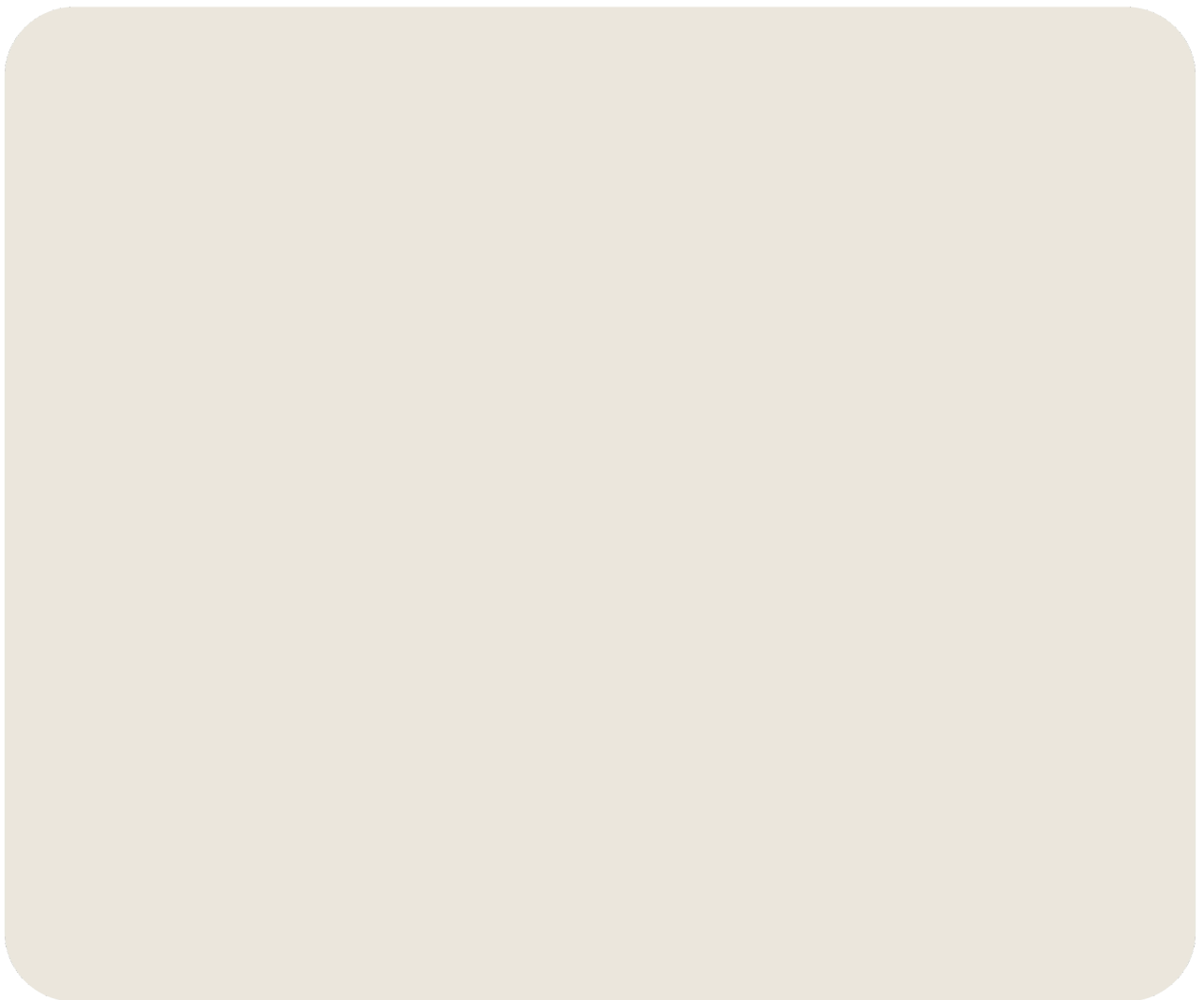
03 How will your life be affected if you implement this change?



04 What are the justifications that are hindering your progress towards making a change? Please be honest.



05 To what extent are you willing to let go of these excuses and proactively take steps to initiate change? Once again, honesty is crucial.



My Life *Vision*

Imagine a depiction of your life without any obstacles or limitations, where money is not a concern. Then, revisit the previous questions and provide your responses based on this vision.

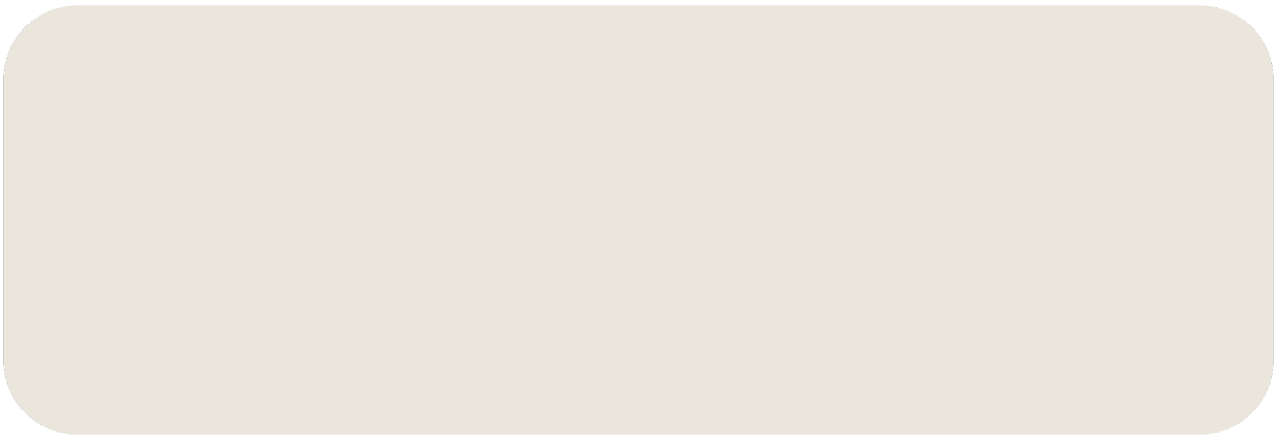


A large, empty, light beige rounded rectangular area intended for writing or drawing a vision of one's life without obstacles or limitations.

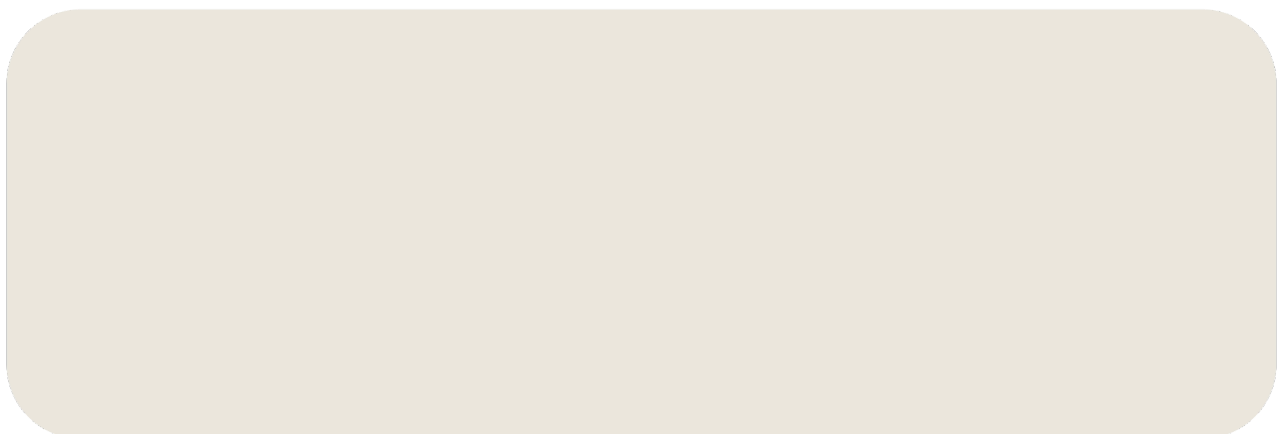
My Life *Vision*

EXERCISES

01 What emotions arise when you acknowledge the fact that you possess the ability to initiate this change?



02 Did you experience any noticeable transformations or shifts? If so, can you describe them in detail, whether they were changes in your thoughts, emotions, or any other aspect?



Worksheet

Thoughts Challenger

Often, our thoughts occur too fast, leaving us unaware of their influence on our emotions, feelings, and overall lives.

These thoughts are automatic, and for some individuals, they may be negative, learned from external sources.

These thought patterns can manifest as someone else's voice inside our minds. By dedicating time to slow down and practice meditation, you can develop an awareness of these thought patterns and regain control over them.



TRIGGER

AUTOMATIC
THOUGHT

Challenge This:
Ask yourself
"How true is
that thought?"

NEW
THOUGHT

Example: You made a mistake at work.

I'm a failure, I always make mistakes. I'll be lucky if they don't fire me.

Am I really a failure because of one mistake? Who always said that to me in the past? My ex/mum/dad/last boss. They told me I always mess up, I'd never amount to anything. That's not true I've already achieved so much. Such as(list out examples here.)

Okay I made a mistake that could happen to anyone. I'll correct this like I always do. I know I can ask for help if I don't know how to remedy this.

TRIGGER

AUTOMATIC
THOUGHT

Challenge This:
Ask yourself
"How true is
that thought?"

NEW
THOUGHT

Blank space for writing the first row of the table.

Blank space for writing the second row of the table.

Worksheet

Taking Responsibility

MY RESPONSIBILITIES

ARE ANY OF THESE SOMEONE
ELSE'S RESPONSIBILITY?

IS ANYTHING HERE
OUT OF MY CONTROL?

To-Do List

Journal

PERSONAL LIFE

CAREER/WORK LIFE

SELF ACCEPTANCE

Self-Rewards

Journal

TREATS

Treats cost nothing or very little & should be given freely every week.

REWARDS

Rewards cost money & should be given after you finish something or complete a goal.

Worksheet

My Support Team

Family/Friends/ Partner

My Mentor/Guide

My Mastermind
Group/Network

Employee(er)

Professionals I Can Ask for
Help

Contactors

Jobs I Need To Hire
Someone Else To Do

My Accountability
Partners

Notes

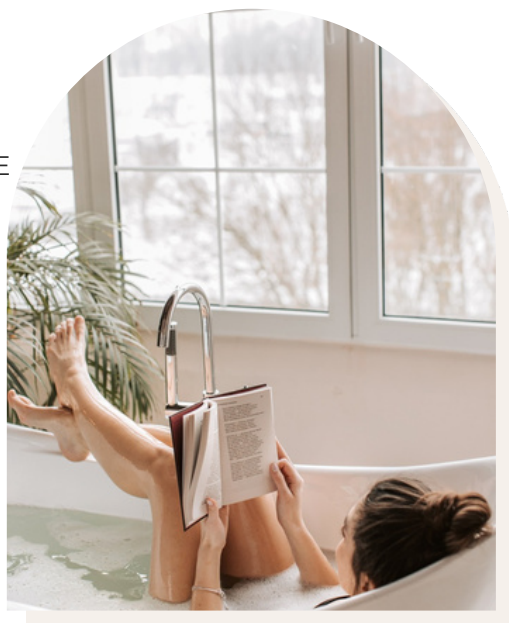
How I will take time off this year. Holidays I will observe: (Weekly/Monthly)

Life Goals *Journal*

SELF ACCEPTANCE

After reviewing your priorities it's time to set up some goals for the future. Break each goal in to actionable steps I suggest 5 but you can make these as small as possible.

Never work on more than one goal at a time so you can completely focus on it.



GOAL 1

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GOAL 2

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SELF ACCEPTANCE

GOAL 3

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GOAL 4

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GOAL 5

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Worksheet

My Comfort Zone

Identify your comfort zone in each area.

This is where you feel the most confident/comfortable already.

WORK	FAMILY	FRIENDS	CHILDREN	HOME
------	--------	---------	----------	------

HOBBIES	HEALTH	ASKING FOR HELP	OTHER	NOTES
---------	--------	-----------------	-------	-------

Worksheet

WORK	FAMILY	FRIENDS	CHILDREN	HOME
------	--------	---------	----------	------

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Worksheet

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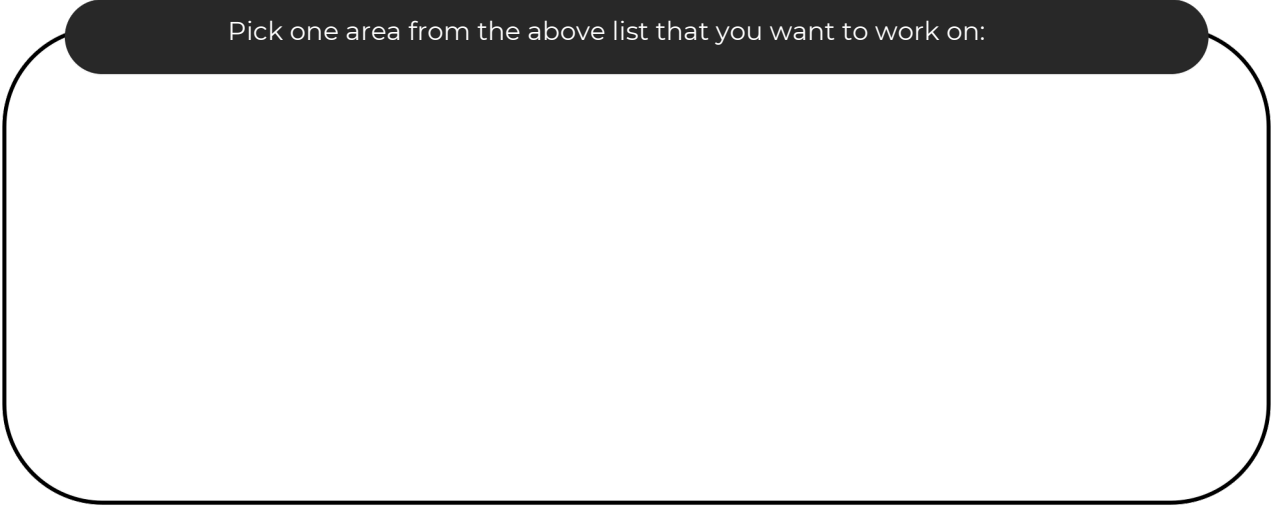
WORK	FAMILY	FRIENDS	CHILDREN	HOME
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HOBBIES	HEALTH	ASKING FOR HELP	OTHER	NOTES
---------	--------	-----------------	-------	-------

Worksheet

Building Confidence

Pick one area from the above list that you want to work on:



Write a list of action steps you can take this week:



Worksheet

Building Confidence

How did I feel when I pushed my comfort zone?

Where there any negative comments?

Internal ones:

External ones:

My Positive Qualities *Journal*

To assist you in recording your positive qualities, reflect on the following questions:

- What aspects of my identity do I appreciate?
- Which qualities do I possess that are considered positive?
- What notable accomplishments have I achieved?
- What hurdles have I successfully overcome?
- What skills or talents do I possess?
- How have others expressed their admiration for me?
- Which attributes do I admire in others that I also possess?
- If someone possessed the exact same qualities as me, what would I find admirable in them?
- How might someone who genuinely cares about me describe my qualities?
- What negative qualities do I perceive in others that I do not possess?

Remember; to include everything no matter how small, insignificant, modest, or unimportant you think they are.

My Positive Qualities *Journal*

For each positive quality that you have written in your Positive Qualities

Record, recall specific examples that illustrate that quality. Try to list as many examples as you can.

A POSITIVE QUALITY

Specific Examples that
Illustrate the Quality

My Positive Qualities *Journal*

For each day of the week, think of 3 examples of positive qualities that you have shown during the day. Write the day and date, what you had done during the day, and what positive qualities your actions demonstrate.

DAY/DATE

WHAT YOU DID DURING
THE DAY

POSITIVE QUALITIES
SHOWN